UNIVERSITY OF ILLINOIS BULLETIN

ISSUED WEEKLY

Vol. XV FEBRUARY 11, 1918 No. 24

[Entered as second-class matter December 11, 1912, at the post office at Urbana, Illinois, under the Act of August 24, 1912.]

WHEAT SAVING

By
RUTH WHEELER
Assistant Professor of Household Science

PUBLISHED BY THE UNIVERSITY OF ILLINOIS
UNDER THE DIRECTION OF THE WAR COMMITTEE
URBANA

Women of Illinois: Saving wheat is more important now than saving money

Women of Illinois:

It is imperative that we make a greater effort to save wheat.

Our soldiers and sailors and the allies must have bread.

A light digestible loaf cannot be made without some wheat.

There is not enough wheat in the world to give everybody the necessary minimum amount if anybody uses wheat unnecessarily.

And as far as the nourishment of the body is concerned, wheat is not at all superior to corn or oats.

Therefore, be sure your breakfast food is not made of wheat, no matter what ornamental name it may bear; serve quick breads, cookies, puddings, pastries made *without wheat;* replace one-third or even one-half of the wheat in yeast bread by finely ground corn or oats or by potato flour or mashed potato.

The Irish potato is one of the most highly nutritious foods we have. Potato bread is delicious; it keeps fresh longer than all-wheat bread; it makes a beautiful golden toast.

Remember that graham flour and macaroni are all wheat! Use crackers made of other grains than wheat.

YEAST BREADS

Potato

Riced boiled potato or commercial potato flour can be substituted for one-half of the wheat flour in bread. The product is especially satisfactory if the coarser wheat flours, graham or whole wheat, are used. The baking temperature should be somewhat lower than that for wheat bread.

Corn

A mixture of one-half white wheat flour, one-fourth corn meal, and one-fourth corn flour makes a good bread.

Oats

When one-half of the wheat is replaced by oats, the latter should be in the form of meal or of rolled oats put thru a food chopper. The sponge should be made of wheat and the baking temperature the same as that of all-wheat bread.

Rye

One-half the wheat flour in bread may be replaced by rye flour or rye meal, the latter giving a rather better product. The first dough should be relatively soft and contain all of the ingredients except one-fifth of the white flour which is saved for the last mixing.

A fair bread may be made by using half rye and for the other half of the flour a mixture of three-fifths wheat flour and two-fifths commercial potato flour.

C
Rye Flour

Rye breads should be baked at a lower temperature than wheat breads thruout the baking period.

Our supply of rye and barley is being rapidly decreased by shipments to the allies. Use corn, oats, and potato, preferably, therefore.

QUICK BREADS

Good digestible quick breads may be made without any wheat. On wheatless days either these should be served or no bread at all. When large quantities must be baked at once, quick corn bread, such as wafer corn bread or corn dodger, is particularly useful. It is a good food from the nutritive standpoint, is palatable, takes little manipulation, and so is quickly made.

Wafer Corn Bread

2 cups fine corn meal
2 teaspoons baking powder
½ teaspoon salt
1 egg
1 tablespoon fat
2 cups milk
2 tablespoons molasses

Mix corn meal, baking powder, and salt. Add melted shortening, molasses, and beaten egg. Beat. Pour into shallow pans to a depth of not more than one-fourth inch. Bake in hot oven.

Prairie Bread

½ cup corn meal
⅓ teaspoon salt
1 tablespoon vegetable oil
⅓ cup boiling water
1½ cups rye flour
4 teaspoons baking powder
¾ cup milk
½ cup chopped nut meats

Put corn meal into a bowl, add salt, oil and boiling water. Mix. Let stand twenty minutes. Now add flour mixed with baking powder and the milk and nuts. Mix lightly, pour into a well greased bread pan; let stand in a warm place twenty minutes. Bake in a moderately hot oven. Do not cut until cold.

Corn Dodger

2 cups corn meal
1 teaspoon salt
2 teaspoons fat
1¾ cups boiling water

Pour the boiling water over the other materials. Beat well. When cool, form into thin cakes and bake thirty minutes in a hot oven. Makes fourteen biscuits.

Boston Brown Bread

2 cups corn meal
2 cups rye flour
1 teaspoon salt
2 teaspoons soda
1 cup molasses
2 cups sour milk

Steam for three hours. This is a good flavored bread and compares favorably with other brown breads.

Drop Barley Biscuits

2 cups barley flour
3 teaspoons baking powder
2 tablespoons fat
1 teaspoon salt
1 egg
1 cup milk

3 0112 105630047

Muffins

Good muffins can be made without wheat by using one cup of rye meal with one cup of potato, rice, corn, or barley flour, or by using one cup of rye flour with one cup of corn, buckwheat or oat meal. In either case, one egg, milk, fat, sirup or sugar, baking powder, and salt are used, and the whole baked in a hot oven.

DESSERTS

Rye and Rice Pastry

2½ cups rye flour
1½ cups rice flour
1 teaspoon baking powder
1 teaspoon salt
¾ cup fat
¾ cup water

Sift flour, salt, and baking powder together; cut the fat into the flour mixture. Add water, mixing and handling as little as possible. Chill until ready to roll.

Drop Cakes

1 cup rye flour
1¼ cups rolled oats
½ cup shortening
¼ cup brown sugar
½ cup corn sirup
1 egg
3 tablespoons water
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon
½ cup nut meats
½ cup raisins

Combine the sugar and the fat. Add the sirup and the water. Combine the flour, rolled oats, baking powder, and salt, and add to the first mixture. Add the cinnamon, nuts, and raisins. Drop on greased pans and bake in a moderately hot oven.

MENU FOR A WHEATLESS DAY

Breakfast: Fruit, rice and corn meal waffles and maple sirup, coffee
Lunch: Baked soy beans, oatmeal muffins, jam
Dinner: Tomato soup, pot roast, mashed potatoes, rice custard, coffee

REFERENCES

Secure the following bulletins from the United States Department of Agriculture, Washington, D. C.

"Start the Day Right"

"Do you know Corn"

"Do you know Oatmeal"

"Plenty of Potatoes"

"Cereal Foods," Caroline L. Hunt and Helen W. Atwater, Farmers' Bulletin No. 817.

"Partial Substitutes for Wheat in Bread Making", Hannah L. Wessling, States Relations Service Document No. 64.

Let us do *more* than the Food Administration asks! We can if all American women make food conservation their first concern and put their best thought into planning wheatless, meatless, sugarless meals that are nutritious and so interesting that the family will look forward to the "———less" meals!

We must save more wheat even if it costs more money!